

Commodity Shelf Newsletter

October 2010

Mrs. Clarks – NO Margarine/Tomato

Mrs. Clarks' informed DESE – SFS there will be **NO** margarine or tomato products for distribution in **October 2010**. The information was not received in time to adjust November orders and in order to avoid an overflow of items in November for those Local Education Agencies (LEAs) who order Mrs. Clarks' items each month, the decision was made to **CANCEL** all October 2010 orders.

The effected Mrs. Clarks' items are:

- **52980** – Spaghetti Sauce
- **52981** – Marinara Sauce Cups
- **52990** – Salsa
- **52991** – Salsa Cups
- **10372** – Food Release (pan spray)
- **10192** – Liquid Margarine
- **12300251** – Margarine Solids
- **2551031** – Whipped Margarine
- **13625FMG** – Whipped Spread Cups

If the above items were ordered in August for October delivery, they **WILL NOT BE RECEIVED** and Mrs. Clarks' will not issue invoices for the items. The above items will also not appear on your Notice to Deliver from Food Distribution Associates (FDA) or the Bill of Lading because the orders were **CANCELLED**. DESE – SFS apologizes for the disruption this may cause your operation. At this time November Mrs. Clarks' orders are scheduled to be received as they were submitted to DESE – SFS in September.

Mrs. Clarks' also had an issue with the packaging for item # **52990** – Salsa in September. If **52990** was ordered for September delivery and was not received, it



is because FDA has held 77 cases of **52990** and will be receiving replacements from Mrs. Clarks' when the November allotments are shipped into FDA. The product will be shipped when acceptable product is received at the warehouse. Please pay your invoices for any **52990** billed for September distribution.

Please contact DESE – SFS or the Mrs. Clarks' representative (Allison Martin – 515-299-6402 or AMartin@MrsClarks.com) with any questions.

Asian Food Solutions – NO October delivery

Asian Food Solutions (AFS) was again behind on production for all chicken and rice items available to LEAs of MO via the Processing Packet for October 2010. AFS felt they could catch up if they combined October and November orders for delivery in November, so the decision was made to **NOT SHIP** any AFS product in **October 2010**.

The effected AFS products are:

- **72001** – Tangerine Chicken
- **73002** – New Orleans Chicken
- **73003** – Spicy Chicken
- **73001** – Teriyaki Chicken
- **78001** – Fried Rice

Please contact DESE – SFS or the AFS broker (Tom Hoenig – 314-662-4434 or tom@hoenig.net) with any questions regarding the above products.

Don't forget to check out the Prorated and Open Order Adjusted Amounts updated each month.

Click [here](#) for October's adjustments.

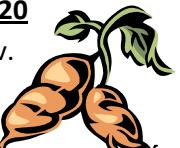
Open Order UPDATES

In Sept LEAs who ordered **A241** – Diced Tomatoes and **A293** – Dried Cherries in Aug realized the product was not delivered and was not listed on the [Open Order Adjustments](#) updated each month. Both items, **A241** and **A293**, were delayed in shipping but have been received at FDA and will be delivered to LEAs in Oct. DESE – SFS had more inventory than requests from LEAs for **A241** and **A293**, so all orders submitted in Aug for Sept delivery will actually be delivered in Oct.

Oct Open Order has two items also delayed. **A099** – Frozen Carrots were delayed because the shipping company is waiting on the USDA inspection approval and the **A220** – Sweet Potatoes were delayed because of harvest. **A099** was anticipated to be received close to the original delivery date, so orders were submitted to



the warehouse and will be filled as soon as the product is received in the warehouse. There was more **A099** to be received than requests from LEAs so all orders submitted in Sept will be filled. If you do not receive **A099** in October your order has been backordered and will ship in Nov. All **A220** orders submitted in Sept will ship in Nov. There were more requests for **A220** than inventory. The adjusted quantities of **A220** will be posted on the Nov Open Order Adjustments.



A563 – Chicken Fajita strips were listed on the [Open Order Anticipated](#) document for Nov delivery; however all of the orders have been out to invitation and no bids have been received by USDA. The orders are currently on bid for a possible Dec delivery, but more likely Jan 2011, if the orders are awarded at all.

A365 – Frozen Cherries were listed on the [Open Order Anticipated](#) document for Nov delivery; however they will not be available for SY 10-11. When the delivery notices were not received, further investigation



revealed Matthew Essner submitted the orders for **2011** instead of 2010. I apologize to the schools looking forward to the **A365**. Good news....**A365** is already in the works for next school year☺

Rebate Form UPDATES

[Rebate Forms](#) are available to any LEA participating in the Donated Food Program and can offer significant savings on commercial products your operation may already be purchasing. For a full list of processors offering rebates to MO LEAs and the rebate amount for each item, visit the [DESE – SFS Commodities Web Site](#).

The [Schwan's Foodservice Rebate Form](#) has been updated to include these additional items:

- **63519** – Tony's 4x6 Thick Crust Cheese 50/50
- **74793** – 4x6 Cheese Individually Wrapped (IW)
- **74794** – 4x6 Cheese Bulk
- **78516** – 6" French Bread Cheesy Garlic
- **78571** – 4x6 Pepperoni Pizza wrapped
- **78673** – 4x6 WG 50/50 Cheese
- **78771** – Tony's WG 4x6 Sauasage 100% Mozz
- **78818** – 4x6 Pepperoni IW 100% Mozz
- **78917** – Big Daddy's 16" Harvest Rolled Cheese
- **78918** – Big Daddy's 16" Harvest Rolled Pepp

The [Bosco's Pizza Co. Rebate Form](#) has been updated to include **3172** – Mexican Bosco Stick.

The [Land O Lakes Rebate Form](#) includes an updated address to send the completed rebate forms to:

DBC Kansas City, Attn: Tara Ingalls
1000 W. 46th Street, Kansas City, MO 64112

Nomenclature explanation

There are a couple explanations which need to be made about a few items delivered recently. East Side Entrées split their company and now there are two separate companies....ES Foods and Tasty Brands. The warehouse thought everything was changing to Tasty Brands, so ES Foods items delivered in October (ordered via the East Side Entrées order form in the Processing Packet) have the correct item numbers on the Bill of Lading; however, the description says Tasty Brand...and a description. This has been corrected and future months will have ES Food in the item description.



Asian Food Solutions (AFS) distributes items with a Green Dragon logo on the label. All items with a Green Dragon description are AFS products ordered via the AFS order forms from the Processing Packet. The item numbers listed on the order form do not match the Aug and Sept Bill of Ladings because the warehouse used the same item numbers on the Bill of Lading from AFS. The issue has been addressed and AFS and FDA plan to ship everything with the original item numbers from this point forward.

Prorated Donated Foods SY 10-11

The schedule for Prorated Donated Foods is:

Com Code	Delivery Period	DF Value
B065	Aug 10 – Complete	\$ 44.91
A515	September 10	\$ 33.82
A608	September 10	\$ 73.16
A346	November 10	TBD*
A608	November 10	TBD*
B065	January 11	TBD*
A608	January 11	TBD*
A515	January 11	TBD*
A608	March 11	TBD*

*To Be Determined

- [A346](#) – Frozen Sliced Apples, 30 lb case
- [A515](#) – Cut-up Chicken, Frozen, 8 pc cut-up
- [A608](#) – Ground Beef, Frozen, 4/10 lb
- [B065](#) – Sliced American Cheese, 6/5 lb

For more information, see the [September 2010 Commodity Shelf Newsletter](#).

NSLW – Oct 11-15, 2010

“School Lunch – What’s on Your Tray?” is the theme for the School Nutrition Association’s (SNA) National School Lunch Week (NSLW), October 11 – 15, 2010. Visit <http://docs.schoolnutrition.org/meetingsandevents/nslw2010/> for details, menus, merchandise, quizzes and additional information to make NSLW a big success for your LEA!

Additional Commercial Products

Are you receiving monthly correspondence (order forms) from Fair Market Inc. and United Commodity Group? Are you confused about why you get the correspondence and what your obligation is for each? Are the items offered by each company part of the USDA Donated Foods (DF) Program?....Let’s see if we can clear up some confusion.

Fair Market Inc. and United Commodity Group represent multiple lines of processed end products, some of which are available to LEAs for processing through DESE – SFS. Each company **also** operates a commercial business which offers commercial products delivered **with** your LEAs monthly delivery of USDA DF from FDA. These additional commercial products will arrive at the same time and on the same truck as your

USDA DF; *HOWEVER*, they **ARE NOT** part of the USDA DF Program and **ARE NOT** associated with DESE – SFS and will have a separate Bill of Lading.

Purchasing product offered by Fair Market Inc. and United Commodity Group is acceptable, but not required. LEAs should purchase the items in the same manner they would purchase items from other commercial distributors. The products offered **DO NOT** contain USDA DF and **WILL NOT** be charged against your LEAs entitlement. Purchasing additional commercial products from either company is in **addition** to any processed items you are already receiving through the Processing Packet which was completed and returned to DESE – SFS in February 2010 for SY 10-11.



Commodity Expos

Plans for Commodity Expos will begin in the near future. DESE – SFS will begin finalizing details for the events, which are anticipated to be held mid -> late Jan 2011.

Quotes for the Month

“First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.” – Napoleon Hill



“A life is not important except in the impact it has on other lives” – Jackie Robinson

“What if mistakes and failures only ever happened when your life was about to get better than it’s ever been before....would you still call them mistakes and failures?”
– Mike Dooley

DESE – SFS Commodity Section Contacts

Essner, Matthew: 573-522-1974,
matthew.essner@dese.mo.gov

Halderman, Amy: 573-751-2646,
amy.halderman@dese.mo.gov

Kilson, DeeDee: 573-751-1706,
deedee.kilson@dese.mo.gov

Monthly Orders should be submitted to:
donatedfoods@dese.mo.gov

FDA (Angie Jackson or Karen Fry):
866-473-9700 or 816-833-2000

Dietician Interns

DESE – SFS recently had interns from the MO Dept of Health and Senior Services studying to become registered dieticians in our office. The time spent in the DESE – SFS office was a portion of the 9 month program where the interns participate in 3 rotations of learning management, community and clinical aspects with a culmination of the RD exam to complete the internship. Megan Whitesides and Betsy Wansing were two of the interns here at DESE – SFS and they each wrote an article to include in the newsletter. Enjoy the bonus info!!

Walnuts by Megan Whitesides

Walnut trees have been around for thousands of years. They were first introduced in European countries around the 4th century AD by the Romans. Since then, they have spread all over the world including North America. Throughout its history, walnuts have been used for a variety of things such as food, medicine, shelter, dye and lamp oil. Walnuts are usually harvested in December, but are available year around.

Walnuts have a high nutritional value; they contain many vitamins and minerals such as, B vitamins (thiamin, niacin, riboflavin, and pantothenic acid), manganese, magnesium, copper, phosphorous, iron, and calcium. They also contain antioxidants, fiber, are low in sodium, and a great source of protein.

Regular consumption of walnuts helps in lowering cholesterol, lowering LDL levels, controlling high blood sugars, improving cardiovascular functions, and preventing gallstones. They also keep bones strong, lower the risk of gaining weight, and help with sleeping because of the Melatonin. Walnuts contain an antioxidant compound call ellagic acid that supports the immune system and appears to have several anticancer properties.

Don't forget to order **A257** Walnuts on your [October Open Order](#) for November delivery!!

Healthy Eating in Relation to Breast Cancer by Betsy Wansing

October is Breast Cancer Awareness Month. Whether you have had breast cancer, have a loved one fighting breast cancer, or are simply trying to prevent breast cancer, food and nutrition are important keys for recovery and health.

There is no one food that can be your “cause” or “cure” of breast cancer, but combining several healthy foods can make your body as healthy as possible and help prevent or fight breast cancer. The best way to help reduce your chances of getting breast cancer is to maintain a healthy weight. Studies have shown that maintaining a healthy weight may help to reduce your risk of first time breast cancer as compared to women who are overweight post-menopause. Maintaining this healthy weight will not only include eating right, but maintaining good physical activity to keep every part of your body healthy. A low-fat diet (see recipe below) is also linked to not only helping you to maintain your weight, but helps reduce first time occurrence of breast cancer.

As with any healthy diet, here are some tips to get you started:

- Keep fat calories to less than 20-30% of your daily total calories
- Make sure you are eating healthy fats full of mono and poly-unsaturated fats; like Omega-3 and Omega-6 oils.
- Limit your intake of saturated and trans fats.
- Make sure to include at least 5 fruits and vegetables in your daily diet.
- Eat high fiber foods, like whole grains and fresh fruits and vegetables, to maintain 25-35 grams of fiber per day.
- If okay with your physician, try to have at least 30 minutes of physical activity each day. The more the better!

Honey Crusted Chicken

Ingredients

- 8 saltine crackers, each about 2 in. square
- 1 teaspoon paprika
- 2 boneless, skinless chicken breasts, each 4 oz
- 4 teaspoons honey

Directions

- Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.
- Crush the crackers on a cutting board, using the back of a knife. Place crackers in a small bowl and add paprika. Stir to mix well.
- In a separate bowl, add the chicken and honey. Toss to coat evenly. Add the cracker mixture. Mix and press the chicken into the cracker mixture until it's evenly coated on both sides.
- Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.